



The Orthopaedic & Fracture Clinic

OFC Physical Therapy/Sports Medicine Post Op SI Joint Fusion Protocol

Phase I

- Goals:
 - Pain Control.
 - Promote Healing.
- Precautions:
 - Avoid maximum hip flexion, adduction beyond midline, internal rotation.

0-3 Weeks

- Limited weight bearing NWB/TTWB/PWB.
- Use of walker or crutches.

ROM Limits

- Within comfortable ranges.
- Begin prone lying.

Therapeutic Exercises:

- PROM, flexibility and isometric contraction of core and 4E's.
- Focus on TA control/activation.

Precautions:

- Max lifting restriction 10 lbs.
- Limit ambulation first four days to ≤ 1 hr/day.
- No operating motor vehicle x 1 wk.
- Avoid stairs.

Phase II

- Goals:
 - Extend ROM.
 - Begin basic exercises to improve core and 4E strength.

- Progress weight bearing PWB → WBAT at six weeks.

Precautions:

- Avoid limits of hip flexion, adduction, IR.
- All exercises must be pain free.
- Focus on engaging core to minimize low back strain.

3-6 Weeks

- PWB progressing to WBAT with crutch → cane.

ROM Limits

- Limit flexion, add, IR extremes.
- Progress lumbar extension.

Example:

- Utilize beginning core exercises and hip strengthening.
 - Scar tissue immobilization.
 - Unrestricted ambulation as long as pain free.
 - Hip extension, abduction and flexion strengthening.

6-12 Weeks

- Full pain free weight bearing with normal gait.
- Improve hip ROM and strength, core and abdominal strength.

Example:

- Core muscle strengthening, strengthening and balancing long and large pelvic, trunk and associated extremity musculature.